## RURAL ELECTRIC

August 2017

## Heartland Youth Ranch helping children

## Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

#### TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®**, **Nexium®**, **and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

#### Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

#### HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

#### RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

#### SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

#### **UNLEASH YOUR MEMORY**

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slowto-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

#### Doctors call it "The greatest health discovery in decades!"

#### **SLEEP LIKE A BABY**

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

#### **CELEBRITY HAIR, SKIN & NAILS**

Certain antacids may greatly reduce your



body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

#### SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

#### GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body – even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

#### HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-748-3280** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

**Important:** Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.



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Staff

**Editor** *Wayne Price* 

Editorial Assistant Tina Schweitzer

Published by the



Visit us at www.nrea.org

**President** David Keener, Niobrara Electric Association, Inc.

Vice President/Secretary Butch Gray, Cornhusker Public Power District

#### Treasurer

Greg Weidner, Elkhorn Rural Public Power District

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#### Heartland Youth Ranch helping children

Curt and Susan Schauer are sharing their faith and love of horses with youth on their ranch near North Loup, Neb. In 2010 they turned their ranch into a place for children to come to be themselves and to interact and work with horses.

#### Nebraska Prepares for Total Solar Eclipse

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6

Communities all across Nebraska are preparing for visitors coming to see the Total Solar Eclipse on August 21, 2017. Some of the events being planned leading up to the eclipse include educational talks, movies, a fun run and lots of food. Check out the highlights for a few communities in the path of the eclipse.

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#### On the cover

Curt Schauer adjusts a stirrup for a rider at the Heartland Youth Ranch, located near North Loup, Neb. See the related article on Page 6. Photograph by Wayne Price



by Wayne Price

#### Youth Tour unites students in Washington, D.C.

I n June, public power districts and electric cooperatives across the U.S. sent groups of high school students to Washington, D.C. for the 2017 Rural Electric Cooperative Youth Tour. Nebraska sent 26 students and two chaperones, representing 16 public power districts and electric co-ops. They were led by James Dukesherer, NREA Youth Tour Director & Grassroots Coordinator.

The all-expense-paid trip is a nod to youth leading the way in their local communities.

Youth Tour is our way of saying 'thank you for choosing to be a leader.' We know in today's world, it's difficult to stand up for the right things, and these students do that every day.

While in D.C., Nebraska's Youth Tour delegation visited many of the major monuments and memorials, including the Washington, Lincoln, F.D.R. and Jefferson Memorials. They also spent time on Capitol Hill, meeting with Senator Deb Fischer, Senator Ben Sasse, Congressman Adrian Smith and Congressman Jeff Fortenberry.

inspired The students were by extraordinary exhibits found in the Smithsonian Museums, including the Hope Diamond and the Wright Brothers' 1903 Flver. They also visited Gettysburg Battlefield and Mount Vernon, as well as Ford's Theatre and the United States Holocaust Memorial Museum. They even got a special evening tour of the Capitol by Congressman Smith, who has been a longtime supporter of NREA's youth programs.

Youth Tour was born from a speech at the 1957 NRECA Annual Meeting by then-Sen. Lyndon B. Johnson. He was a longtime advocate of electric cooperatives, having lobbied for the creation of Pedernales Electric Cooperative in 1937 as a young politician in Texas. "If one thing comes out of this meeting, it will be sending youngsters to the national capital where they can actually see what the flag stands for and represents," the future president said.

In 1958, an electric co-op in Iowa sponsored the first group of 34 young people on a weeklong study tour of the nation's capital. Later that same year, another busload came to Washington from Illinois. The idea grew, and other states sent busloads of students throughout the summer. By 1959, the Youth Tour had grown to 130 participants.

In 1964, NRECA began to coordinate joint activities among the state delegations and suggested that co-op representatives from each state arrange to be in Washington, D.C., during Youth Tour week. The first year of the coordinated tour included about 400 teens from 12 states.

The Youth Tour experience provides students with a chance to see history come to life; the Tour also gives them an opportunity to connect with other student leaders just like them from across the country.

During the Tour, student groups from each state – about 1,500 total – came together for Youth Day. This event showcased the inspiring story of Paralympian Mike Schlappi, a star athlete who was paralyzed as a teen.

Schlappi was their age when his whole life changed from an accidental gunshot. Today he makes the annual Youth Tour presentation a priority because he loves the kids.

"They're so young and trying to figure out their lives. They've heard enough speakers and read enough books, sometimes they'll roll their eyes," Schlappi said. "But they're away from parents and excited about their future and maybe got their eyes on the cute kid across the room. They're willing to make positive changes. Back home, they get labels, and they have to live up to that. [At Youth Tour], they can make new impressions on new friends."

Youth Leadership Council members from each state addressed the entire delegation. Nebraska's Youth Leadership Council member selected during the trip was Josie Dvorak of Dodge, Neb. She was sponsored by Cuming County Public Power District.

Youth Tour is just one of the ways we're investing in our future leaders. Nebraska's public power districts and electric co-ops do so much more than provide safe, reliable and affordable power—we are dedicated to improving the futures of students in our communities because we know they are next

#### Share important electrical safety lessons with kids

e all know electricity plays a major role in our everyday lives, and it is a powerful resource that should be respected. Unfortunately, our children often do not understand the dangers of electricity. At your local rural electric utility, we encourage you to share electrical safety tips and lessons with your little ones as often as possible. We also understand their attention spans run short, so here are a few creative ways to get them involved.

Depending on the age of your child, consider designating an "electronics deputy." The deputy should be responsible for pointing out electronics in your home that are not in use and keeping appliances safe from liquids. Reward your deputy for pointing out overloaded outlets or other potentially dangerous situations.

Emphasize the importance of fire prevention with your children, and create a family fire drill plan as an extra precaution. Incentivize your children by rewarding those who followed the plan and made it safely out of the home.

While it is fun and engaging to turn safety into a game, it is important to ensure your children understand the risks they are facing if they do not practice electrical safety.

One of the most important safety tips you can give your kids is to avoid any downed power lines. In fact, it is best to avoid power lines, transformers and substations in general. A downed power line can still be energized, and it can also energize other objects, including fences and trees. Make sure your kids understand the potential dangers of coming in contact with a downed power line or low hanging wire. And, if they encounter a downed power line, ask them to tell you or another adult to call your rural electric utility.

Here are a few other safety tips you can share with your kids:

• Never put metal objects in outlets or appliances.

• Never mix water and electricity.



Do not buy an electrical toy for a child too young to use it safely. Photograph provided by U.S. Fire Administration

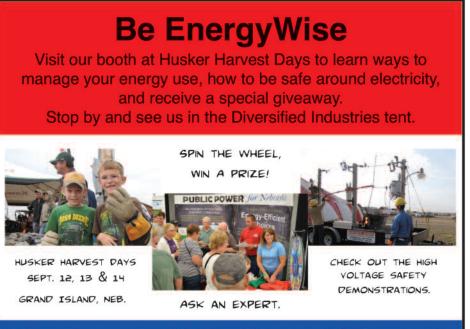
• Never fly a kite on a rainy day or anywhere but an open space. A high point in the sky makes a kite a grounding point for lightning, and kites could easily become tangled in power lines.

• Don't climb trees that are near power lines and poles—evergreens can disguise dangers this time of year; leaves during the spring and summer.

• Stay far away from power lines lying on the ground. You can't tell if electricity is still flowing through them. If there's water nearby, don't go in it. Water is the best conductor of electricity.

• Obey signs that say "danger" and "keep out" around large electrical equipment, like substations. These signs aren't warnings; they're commands to keep you safe.

No matter how you choose to get your kids interested in staying safe around electricity, your public power district or electric cooperative is here to help.



#### **Customer Solutions Network**

Nebraska's Rural Public Power Utilities providing energy related information and advice.

**PUBLIC POWER** for NEBRASKA





Top: The Schauers and riders pray together before a riding session. Above: Curt Schauer gives the children their work assignments for the day. Middle: Susan Schauer leads Sport and rider Elliana. Opposite: Curt holds the lead on Wings with rider James.

# Hope, & Standard & Sta

TRANSFORMING LIVES WITH

**C** urt and Susan Schauer are sharing their faith and love of horses with youth on their ranch near North Loup, Neb. Since 2010 the Schauers, along with their daughter-in-law, Jen, have been teaching young boys and girls the basics of horsemanship, the importance of having a strong work ethic, and the love of Jesus Christ.

"We believe that horses enrich our lives and can instill characteristics such as self-confidence, empowerment, leadership, faith and trust," Susan said.

She said she felt God asking her to give her horses. So with help and guidance from the Crystal Peaks Horse Ranch in Bend, Oregon, they turned their ranch into a place for children to come to be themselves and to interact and work with horses.

Heartland Youth Ranch is a nonprofit, faith-based ministry founded on the belief that the Bible is God's word.

"We believe lives can be

transformed through the love of the Savior," said Susan. "We strive to offer all of our visitors unconditional love and acceptance founded on the belief that we are all created in the image of God."

Heartland Youth Ranch serves all children between the ages of 7 and 18. Whether a child has emotional, mental, or physical disadvantages or simply desires to have access to a horse, they are welcome at Heartland Youth Ranch.

The focus is not to train expert horse riders, but is really about letting children enjoy the humanhorse relationship by learning the responsibilities of caring for a horse, ranch chores, and having fun. They work to provide a place for children and their families to find hope, healing and encouragement.

Most of the children that participate are local but Susan noted their reach seems to be growing. They held their first three-day camp for a Girl Scout group last year and



worked on a Vacation Bible School this summer.

Susan said part of their focus is to bring families together. Because of that principle, parents are asked to accompany their child.

"A parent's presence is quite often central to a child's healing process," she said. "Allowing fathers, mothers and guardians a chance to rest and enjoy God's creation is also a part of what we do."

The ranch is not a residential facility, so out of town guests must find their own lodging.

"We do more than 350 sessions each year," she said. "We have around 20 sessions per week."

Each session is 90 minutes, with the first 30 minutes dedicated to a work activity. The children have to earn the time they share with the horses.

"Work ethic is important to us," Curt said. "Some kids want to start working right away so they can get their time with the horse sooner."

Work activities include pulling weeds, helping to plant a garden, and picking the produce when it's ready.

#### More on Page 8



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#### Heartland Youth Ranch From page 7

They even get to take some of the produce home.

"Our values of good work, ethics and honesty are evident in all ranch activities, and we work to demonstrate and encourage these principles to all the kids," Curt said.

The ranch is not associated with any particular religious congregation, however, it is a faithbased organization. The ranch is founded on the same Judeo-Christian values that the nation was built upon. The Schauers point out that faith on the ranch is "lived," not "preached."

The Schauers and the Board of Directors believe in the saving grace of Jesus Christ.

"It is our greatest desire to serve God by demonstrating our faith through action and by showing our love for Him in supporting families," Curt said. "It is our honor to serve children and families of all backgrounds."

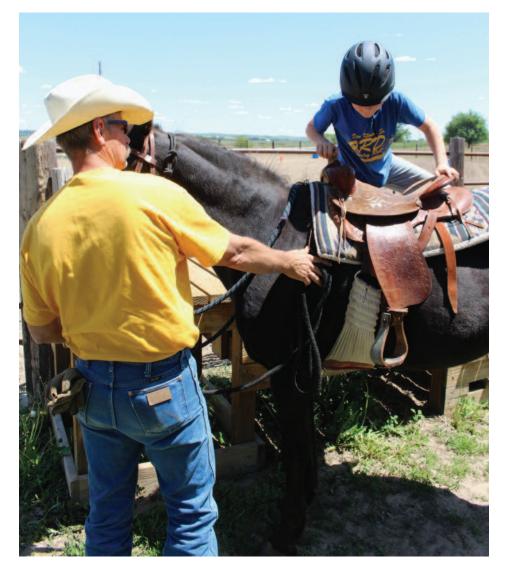
They have rescued seven horses and have put them to work along side their own horses on the ranch. The ranch is still a working cattle ranch with a few acres of row crops and a lot of hay ground.

There is no charge for children to participate at the ranch. The only requirement for children is that they have an open heart and want to attend.

They encourage people to stop by the ranch, even if it's just for a visit, however, they are open to the public by appointment only. Please feel free to call the Schauers at (308) 496-4348.

The ranch is open from April to October, Monday through Friday.

Heartland Youth Ranch is a nonprofit organization. If you would like to help with a financial contribution, donations can be sent to: Heartland Youth Ranch 80977 Highway 11 North Loup NE 68859





Top: Curt helps a rider prepare for a session at the ranch.

Left: James and Wings walk together in the arena.

Below: Susan and the riders work to remove weeds in the arena.



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# TOP 10 REASONS to consider a Public Power Career

here are many ways to earn a paycheck, but some are more rewarding than others. Here are 10 reasons to consider joining the rural electric utility family.

#### Tech-focused

The electricity industry is at the leading edge of a global energy revolution. Rapid advances in renewable generation, energy storage and smart grid technologies will change the way we use electricity. If you work at a rural electric utility, you can be part of this oncein-a-lifetime industry transformation.

10

#### Support a clean environment

Electricity is one of our cleanest energy sources, and as technology improves, electric cars, nextgeneration heating and cooling systems, home automation and other forms of environmentally beneficial electrification will reduce our reliance less efficient forms of energy.

 $\bigcirc$ 

#### Business on a human scale

Public power districts and electric cooperatives hold themselves to the highest standards of professionalism and integrity while still maintaining a close-knit, familyfriendly working environment. Decisions are made locally by managers who know employees by name, not halfway across the country in some corporate headquarters. Their smaller size and local control also gives rural electric utilities more flexibility to innovate and try new ideas to improve the service they provide.

## Retirement security

It might seem a long way off today, but we all need to plan for retirement. Rural electric utility employees deliver a valuable service to their communities, and they're rewarded for that dedication with outstanding retirement benefits. Many utilities offer both a 401(k) plan and a defined-benefit pension plan.

#### **National reach**

Rural electric utilities serve 47 states and 56 percent of our nation's landmass. So whether you want to stay in your hometown or explore another part of the country, odds are good that there will be a rural electric utility nearby.

#### Stability

Electronics play a critical and growing role in our daily lives, and as our reliance on technology increases, so too will our demand for electricity. As long as we need electricity, we'll need workers to ensure it is safe, reliable and affordable.

## Build a stronger community

Safe, reliable and affordable energy is critical to the health and prosperity of a community. Public power districts and electric cooperatives power our homes, schools, farms and businesses, and keep rural America connected to the global economy.

#### **Principles: not profit**

When you work for a public power district or electric cooperative, you're not helping some Wall Street elite get richer. You're working to serve your friends, family and neighbors who collectively own the utility.

#### Competitive pay

You won't get rich working for your local electric utility, but you'll enjoy excellent pay and benefits that can help you and the people you love achieve the American dream.

#### Join a global movement

As a member of the rural electric utility family, you're part of something much larger than yourself. The cooperative movement represents a human-centered, ethically driven way of doing business. More than 250 million people around the world earn their living working in cooperatives, and the cooperative economy generates approximately \$2.5 trillion in global economic activity each year.



## Dealing with those pesky mosquitoes

osquitoes have plagued humanity for millennia, causing yellow fever, malaria, and more recently, West Nile Virus (WNV) and Zika Virus. Mosquitoes also can cause encephalitis, or sleeping sickness, in people and horses, and heartworms in dogs.

In the U.S., Nebraska ranks second in WNV deaths, said Tom Janousek, Pest Consulting Services of Omaha, and national industry consultant and adjunct faculty member in the Department of Entomology at the University of Nebraska–Lincoln. State statistics show 68 WNV deaths from 2002-2016.

Mosquito prevention is key to reducing mosquito-borne illness, Janousek said. Typically, municipal officials monitor, survey and test mosquito populations within city limits. Where needed, they apply treatments using techniques taught by the Pesticide Safety Education Program at Nebraska. Residents, though, have a responsibility to do their part by keeping yards mowed, bushes trimmed and water emptied from even the smallest containers.

"Water in a bottlecap after three or four days can be a suitable breeding ground for mosquitoes," Janousek said.

Mosquitoes breed in still, stagnant waters from wading pools, flower pot bases, clogged gutters and eaves, bird baths, pails, discarded cans, tires, tree holes, road ditches Prevent mosquitos by eliminating still, standing water; if you need to treat, biological Bti mosquito briquets are a safe and effective option. Photograph by Jim Kalisch

and low areas. Even a wrinkle in tarps covering grills and vehicles can trap and hold water, therefore be a potential mosquito breeding ground.

Of Nebraska's 50 mosquito species, about half bite people, Janousek said. Only female mosquitoes bite, needing blood to produce eggs. Eggs laid on damp soil can hatch immediately after a rainfall – or even years later, he said.

Mosquitoes have a four-stage life cycle: egg, larva (wiggler), pupa (tumbler) and adult.

Mosquito control can be safe and effective at the larval stage, he said. Biological mosquito larvicides include those containing Bti, (Bacillus thuringiensis, subspecies israelensis) or methoprene.

A soil bacterium, Bti contains spores that produce toxins so that larvae die when they consume the spores. Methoprene is a hormone that, when eaten, prevents mosquito larvae from becoming adults.

The products come in various forms. Bti, for example, is available as round briquets or pellets. Used as directed, they can be safe and effective in troughs, ponds and tanks for weeks or even months. Methoprene is available in granules, liquid and fish-shaped briquets.

The Environmental Protection Agency says methoprene is safe for humans and livestock – it also can be used to control flies and fleas – though it is highly toxic to crayfish, shrimp and crabs.

As with all pesticide products, the label is the law. "You need to know how much you're putting in an area," Janousek said. "Apply the proper amount -- too little, the product will be ineffective; too much and you're going against the label and wasting money."

Source: Institute of Agriculture and Natural Resources News

## Nebraska prepares for the Total Solar Eclipse

#### Kearney and Ravenna set their sights on the Total Solar Eclipse

As preparations for the August 21, 2017, total solar eclipse continue, two mid-Nebraska communities are preparing for an estimated 5,000-15,000 visitors. The towns of Kearney and Ravenna were jointly awarded a \$15,000 grant from the Nebraska Tourism Commission for marketing.

"This partnership works well because Ravenna obviously cannot house and feed this many people for a weekend," read a promotional brochure distributed by the Ravenna Area Chamber of Commerce. "We will market everything we have to offer in our great town of Ravenna, but with our businesses easily being overflowed, we need to make sure people know their options."

The Ravenna area is significant to the total solar eclipse because it is expected to have one of the longest sessions of totality at two minutes and 35 seconds. Kearney is expected to have one minute, 54 seconds. Totality reveals the true blacked out celestial spectacle: the diamond ring, the sun's glorious corona, the strange colors in the sky and enough darkness to see stars during the day. According to the website, www.solareclipsenebraska.com, each community will have its own viewing locations and events.

In Ravenna, the community's two baseball fields will be available to attendees. Restrooms and vendors will be on site for the viewer's convenience. Visitors are encouraged to purchase their \$20 tickets through the website, https://myravenna.rallyup.com/eclip se-reserved-viewing. If the 1,500 tickets sell out, visitors also have the option to view the eclipse from the Farmers' Cooperative Association just south of town.

Accommodations may be reserved at the Grandview Inn, Cedar Hills Vineyard, The Moffett Place and Buffalo County Lake. Visitors may treat themselves to the local dining establishments, including Flashbacks Neighborhood Grille, Taqueria San Judas, The Creamery, Ravenna Super Foods and Subway.

In Kearney, solar eclipse junkies have five locations to choose from: Cottonmill Park on the west edge of town, Yanney Park, The Viaero Event Center just south of Interstate 80, The Great Platte River Road Archway along I-80 along the east section of town and the Buffalo County Fairgrounds.

Dining and accommodations in the Kearney area are listed on the Kearney Visitors Bureau website, www.visitkearney.org.

The weekend leading up the solar eclipse will include several events between the two communities:

#### Ravenna

August 18 NASA Talks. Time and location TBD.

#### August 19

Fun Run. Ravenna's Home Town Solar Eclipse Fun Run. Time and location TBD.

5:00 – 11:00 p.m. – Downtown Street Dance. Come enjoy music, dancing, food and festivities in the middle of Ravenna's main street.

#### Kearney

August 19

More on Page14

#### Eclipse events From page 13

10:00 a.m. - 4:00 p.m. - Rowe Adventures- Play in the Platte. Rowe Sanctuary will lead visitors in an exploration of the Platte River and the critters that call it home.

11:00 a.m. – 10:00 p.m. – Solar Eclipse Concert Series featuring Luke Mills Band, DJ Bridwell Band, Dylan Bloom Band and more. At the Viaero Event Center. TBD – Multi-sport Challenge by the Kearney Rotary and the Kearney Whitewater Association. Kayaking in the morning, dirt trail bike riding in the afternoon and a 5K race on concrete trails at night.

#### August 19-21

10:00 a.m. – 5:00 p.m. - Blackout on the Bricks. Shop downtown Kearney for specials.

#### August 20

2:30 p.m. – PREclipse Talks. Hear from experts about the August 21

Great American Solar Eclipse at Miriam Drake Theatre – University of Nebraska at Kearney Fine Arts Building.

2:30 p.m. – Christ Sayre, A Musical Journey Across America at the Great Platte River Road Archway. From the engaging sea shanties of the Eastern Seaboard to the haunting songs of the Appalachian Mountains, from the blues of Mississippi to the pioneer songs of the America West, Chris Sayre brings to life the rich and varied music of the United States.

7:00 – 8:30 pm. – Dr. Tabetha Boyajian, Astronomer will discuss the eclipse at the Merryman Performing Arts Center. Freewill donations accepted.

7:00 – 10:00 p.m. – Kearney Night Market/SUNday Sounds at MONA, downtown Kearney on the bricks. Features food trucks and local vendors.

#### August 21

11:00 a.m. – 2:00 p.m. – UNK Watch Party at Cope Stadium. Eclipse glasses will be provided.

#### **Eclipse events in Se**

here are a variety of events being held in Gage County to celebrate the Total Solar Eclipse. From stock car racing to local community celebrations, you're sure to find something to do in southeast Nebraska.

#### Friday, August 18th Activities

On Friday, August 18th the Beatrice Speedway will be holding their regularly scheduled Stock Car Racing located at the Gage County Fairgrounds. The speedway is a 3/8 mile clay, silty loam oval dirt track, with high banks. They run IMCA Sanction Classes of Modified; Sports Mods; Hobby; Stock and Sport Compact.

The Beatrice Eagles Club will be open to the general public during the eclipse weekend! Located at the corner of 19th and Lincoln, they will be opening each day at 8 a.m. Join them for the spaghetti feed beginning at 5:30 p.m. until gone. Cost will be \$10 a person.

#### **Eclipse watchers welcome in the Panhandle**

celebration while we "Wait for the Sun to go Dark" is in place for the weekend of the Total Eclipse, featuring food, bands, arts, games along with educational and fun events to make your visit to Alliance memorable, educational, and fun for the entire family. All the Alliance attractions will be open for the weekend for your enjoyment and to truly experience Alliance.

Saturday, August 19th will feature free educational and family friendly programs as well as vendors and entertainment on the bricks (Box Butte Ave) in downtown Alliance. Local entertainment will start at 3 p.m. with Ryan Chrys and the Rough Cuts from Denver, Colo.,

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starting at 6 p.m.

Sunday, August 20th there will be a morning non-denominational Church service in Central Park. There will be more free educational and family friendly programs. Entertainment on the bricks in downtown Alliance will feature local entertainment starting at 3 p.m. with The Outer Vibe from Nashville, Tenn., starting at 6 p.m.

On both Saturday, August 19 and Sunday, August 20 Astronomical seminars at the Alliance High School Performing Arts Center will be held. Alliance Motocross will hold Motocross races on the east side of town, County Road 58, 1 1/2 miles south. There will also be a Native American Pow Wow at Central Park (Knight Museum). Russ Finch with Greenhouse in the Snow, located 7 1/2 miles north on Hwy 87, will host tours on growing tropical and subtropical plants in his greenhouse from 9 a.m. to 7 p.m.

So on Monday, August 21 get up early, grab your chair, eclipse glasses, sunscreen, pack your cooler with plenty of water and snacks, and get in place to "Wait for the Sun to Go Dark" at one of our viewing sites, Carhenge, Laing Lake or the Rodeo grounds, for the ECLIPSE! Come find out what Western Nebraska hospitality is all about. For more information go to carhengesolareclipse2017.com.

#### outheast Nebraska

#### Saturday August 19th Activities

On Saturday August 19th, come see the 1950's version of Invasion of the Body Snatchers and The Blob! at the Gage County Fairgrounds. Are you ready for some chills and thrills? Time TBA

The Village of Adams Community Days featuring Wine Tasting, Chicken BBQ, Mud Volleyball, Tractor Pull and more!

The Beatrice Eagles Club will be serving breakfast from 8 a.m. to 10 a.m., then join them for a Prime Rib Dinner serving 6 p.m. until gone, cost for dinner is \$14.99 per person.

#### Sunday August 20th Activities

Beatrice Rotary will host a Pancake Feed at the Gage County Fairgrounds on Sunday, August 20th. The meal will be served from 9:30 - Noon and will include all you can eat pancakes, along with sausage and a drink.

The Beatrice Eagles Club will serve breakfast from 8 a.m. to 10 a.m. then join them for a Brisket Meal serving 6 p.m. until gone, cost for dinner is \$11.99 per person.

Stop by the 11th Annual Blue Springs auto and bike show in Blue Springs, located just south of Beatrice on Hwy 77. This short 15 minute drive on Sunday August 20, 2017 will be a nice way to spend a couple of hours before the big event on Monday.

#### Monday August 21st Activities

Come visit the Great Plains Welsh Heritage Center in Wymore and learn about Welsh Heritage on the Great Plains. They will be having a watermelon Feed after the eclipse.

Southern Gage Community Pride Group will be having a pulled pork luncheon in downtown Wymore.

The Beatrice Eagles Club will be open for breakfast from 8 a.m. to 10 a.m. then join them for a Taco Bar serving 2 p.m. until 7 p.m.

#### View the eclipse in the Sandhills

f you are up for a long weekend excursion to watch the Total Solar Eclipse, many communities in the Sandhills are starting the festivities Thursday and Friday going into the weekend leading up to the total eclipse on Monday, August 21st. The total eclipse starts approximately 11:30 a.m. and depending where you are located at the time lasting from 1 minute to 2 1/2 minutes. One thing to remember as you plan events in the Sandhills there are two time zones- Central and Mountain Daylight Time.

Broken Bow's events start on Friday. Events include golf, 5K Walk/Run/Bike, Street Dance on Saturday, opportunity for tour of Straight Arrow Bison Ranch on Sunday, and numerous events on Monday with eclipse presentation. You can get more details at: www.custercountyne.com

Stapleton is on the pathway with the longest viewing time of the total solar eclipse. The community of Stapleton has a webpage called Eclipse on the Range that list the events, provides registration, and ticket information for events. Events start on Wednesday. Holding true to their roots, events include team sorting, team roping, a rodeo, miniature pony races, wild horse races, craft fair, 5K run, pork breakfast, street dance, and eclipse presentation. More information is available at: https://www.stapletonnebraskaeclipse2017.com/

Tryon for a small unincorporated community has plans to start eclipse events on Saturday night with a street dance complete with beer garden and star gazing. Sunday has a full schedule starting with outdoor worship service and breakfast, cutting horse show and team penning, working cow dog exhibition, quilt show at the Sod House and tractor show. Monday has as many events leading up to the eclipse.

Alliance is also on the solar eclipse pathway to have longest viewing time. Alliance's events start Friday but will be in full swing on the weekend. Saturday events include astronomical seminars, motor cross races, and a Native American Powwow. Saturday events carry over into Sunday. On Monday, grab your chair to watch the eclipse. Alliance is home to the Carhenge. Information on events, camping, and parking are available at: http://carhengesolareclipse2017.com/eclipse-events/

North Platte has a full slate of events starting on Thursday. North Platte has teamed up with Stapleton and Tryon to help visitors get the most of the Total Solar Eclipse in Nebraska. Transportation between North Platte, Tryon, and Stapleton has been scheduled. To get more information visit: http://visitnorthplatte.com

Gering/Scottsbluff events start on Friday. The Scottsbluff National Monument and the Five Rocks Amphitheater are the back drop for events. Event information can be found at: http://www.eclipse2017.org/2017/states/NE.htm

If you are want to enjoy the Nebraska Total Solar Eclipse and venture off Interstate 80, you will not be disappointed in events, hospitality, landscape, and good old fashion fun. Enjoy the Sandhills.

Chelsea Gengenbach at Dawson Public Power District, Tarin Burrows at Custer Public Power District and Allison Gullion at Panhandle Rural Electric Membership Corp. contributed to this article.

#### Be aware of hazards around irrigation equipment

hile irrigation equipment helps farmers combat dry spells and summer heat, it also introduces electrical hazards, including contact with overhead power lines, short circuits, and lighting strikes. Safe Electricity wants farm owners and workers to be aware of potential hazards and take steps to stay safe.

Take time to survey your surroundings. Look up and around, and make note of any power lines that could be close enough to come into contact with equipment. Maintain proper clearances.

The combination of water and electricity is also hazardous. The sprays of water from irrigation systems should not be near overhead power lines. Because the impurities in water serve as conductors of electricity, a stream of water reaching non-insulated wires will become the path for the deadly voltage and can energize the entire irrigation system.

Wiring maintenance should also be a safety priority. Read all operator manuals and follow the manufacturer's suggestions for inspection and maintenance. When



working on the system, always turn off the power first. Also, make sure all equipment is grounded. Call a professional electrician to check the pump and wiring and to complete any needed repairs.

Storms can also pose dangers for irrigation systems and those who operate them. Stay away from the piping during lightning activity. Keep an eye on weather forecasts, so that you can plan to stay safely indoors during a thunderstorm.

Safe Electricity provides these additional precautions to help ensure

the safety of those working around irrigation equipment:

• If fuses continually blow or circuit breakers repeatedly trip, have a professional check the wiring. This could indicate a potential electrical hazard.

• Avoid moving irrigation equipment on windy days when pipes could blow into nearby power lines. Keep pipes horizontal to the ground rather than vertical to minimize the risk of contact with power lines.

• Store unused irrigation pipes far away from power lines or electrical equipment.

• Position irrigation pipes at least 15 feet away from power lines.

• Position the water jet streams so that there is no chance of them spraying onto power lines. If this happens, the entire system could become energized, creating a danger for anyone nearby.

If an irrigation pipe comes in contact with a power line, never try to remove it yourself. Stay away from the pipe, and call your local electric utility for help.

For more information on electrical safety, visit SafeElectricity.org.



Rural Electric Nebraskan

## Flipping the Switch WORD SCRAMBLE



Do you know you can save energy every day in your home? By turning off appliances that are not in use, you have the power to save energy! For example, while the sun is shining, windows can allow sunlight into your house without having to turn on a lamp or a light switch.

Unscramble the letters to reveal the names of common appliances and electronics that you should turn off when not in use. Use the pictures below for clues.

#### **APPLIANCES:**

1. GLEICIN NAF	
2. HTATOSMERT	
3. HGTIL HCTWIS	
4. ONSILEETVI	
5. EWROP PRTIS	
6. MGAE NOESCLO	

#### Answer Key: 1. CEILING FAN 2. THERMOSTAT 3. LIGHT SWITCH 4. TELEVISION 5. POWER STRIP 6. GAME CONSOLE

#### Why more Americans are driving electric vehicles

#### by Pat Keegan

: My son and his wife just Q bought an electric vehicle. I was surprised to learn that the cost of their new electric vehicle was comparable to a gasoline-powered car. I need to replace my car in a few vears and would like to learn more about electric vehicles. What are the pros and cons of going electric?

: Your son is not alone. The  $\mathbf{A}$  electric vehicle (EV) market is growing rapidly. There are good reasons why EVs are becoming more popular, but there are also a few potential drawbacks.

Let's start with the basics: EVs are vehicles that plug into the electric grid for some or all of their power. There are two primary types of EVs. All-electric EVs—such as the Nissan LEAF—are powered entirely with electricity. Plug-in hybrid EVs-such as the Chevrolet Volt-are dual-fuel cars, meaning both the electric motor and the internal combustion engine can propel the car.

A key benefit of EVs is that a driver's trips to the gas station are either vastly reduced or eliminated altogether. However, in lieu of gas refueling, EVs need to be recharged. At the lowest charging level, called Level 1, an hour of charging typically provides two to five miles of range per hour. Because the average light-duty car is parked for 12 hours per day at a residence, many EV drivers can use Level 1 charging for most of their charging needs. The fastest charging level, called DC Fast-Charging, can provide 60-80 miles of range in a 20minute period.

Charging with electricity is nearly always cheaper than fueling with gasoline. An electric gallon-or "eGallon"-represents the cost of driving an EV the same distance a gasoline-powered vehicle could travel on one gallon of gasoline. On average, an eGallon is about one-third the cost of a gallon of gasoline. Another benefit of charging with electricity is that. throughout many parts of the country, it is a cleaner fuel source than gasoline. Although the exact environmental benefits of driving an EV will vary, one recent study found



The Nissan LEAF is the world's best-selling EV. Photograph provided by Nissan

that two-thirds of Americans live in regions where driving an EV is cleaner than driving a 50 MPG gaspowered car.

Another key reason for the rise in EV ownership is because of recent reductions in the upfront cost of the cars. The batteries used in EVs are the most expensive component of the cars, but thanks to improving production methods, the cost of the batteries has dropped by more than 35 percent since 2010, and costs are expected to keep dropping. Because of these cost reductions and technology improvements, EVs are hitting some major performance and affordability milestones. For example,

in late 2016. General Motors released the Chevrolet Bolt-an all-electric EV with an estimated range of 238 miles per charge, costing about \$30,000 after rebates.

Although even longer range and more affordable EVs are expected to hit the market soon, one of the key drawbacks of EVs is that most models currently have a range of less than 100 miles per charge. More and more public charging stations are available across the United States, but "range anxiety" is still a concern for many potential buyers. Fortunately, if you are considering an EV, keep in mind that the average American's daily driving patterns are well-suited for EV use. More than half of all U.S. vehicle trips are between one and ten miles, and even in rural areas the average daily drive distances for typical errands and commutes are well within the range of most currently available EVs.

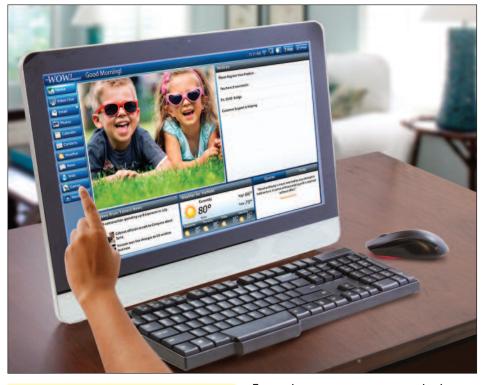
EVs are also well-suited for many applications. commercial For example, EVs are now being used as part of ridesharing services like Uber. where average trip distances are between just 5 and 7 miles. Companies like Frito-Lay and FedEx are also introducing EVs into their delivery fleets, and a growing number of municipalities are buying electric buses. One of the primary draws of EVs for commercial use is their minimal maintenance requirements. If you are interested in learning more about EVs, contact a local car dealer to schedule a test drive. Many curious drivers are impressed by the performance of EVs, especially the instant torque provided by the electric motor.

Your electric utility can also be a great resource. More and more utilities own EVs as part of their fleets and may offer "ride and drive" events. Dozens of them also offer reduced electricity rates for "off peak" EV charging, which can help you save even more money on fueling.

#### **TECHNOLOGY SIMPLIFIED – BIGGER AND BETTER**

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– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips.

From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games- you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll

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#### **Fire Up the Party with Tasty Backyard Recipes**

A ugust is a great time for getting together with family and friends, especially around the backyard grill. Add some spark to backyard staples like grilled chicken and potato salad with a little help from tangy condiments, smoky rubs and your cast-iron skillet.

For a main dish that's sure to be a crowd pleaser, smother grilled chicken with a white barbecue sauce – the South's tangy little secret. It's made with simple pantry ingredients like mayonnaise, cider vinegar and mustard.

Make a one-pan side dish next to the cooking chicken by placing your cast-iron skillet directly on the grates. Smash whole potatoes in the pan then top with bacon, cheese and a chipotle seasoning. Let it all melt together and then top with sour cream for a smoking side.

Find more recipes and ideas to fire up your backyard party at McCormick.com.



Grilled and Loaded Smashed Potatoes



#### White Barbecue Sauce with Smoky Chicken

White Barbecue Sauce:

- 1 cup mayonnaise
- 1/2 cup cider vinegar
- 2 tablespoons Zatarain's Creole Mustard
- 1 teaspoon prepared horseradish
- 1/2 teaspoon McCormick Coarse Ground Black Pepper
- 1/2 teaspoon McCormick Garlic Powder
- 1/4 teaspoon salt

Smoky Chicken:

- 1 cup hickory wood chips
- 2 pounds bone-in chicken parts
- 2 tablespoons McCormick Grill Mates Applewood Rub

To make sauce: In medium bowl, mix mayonnaise, vinegar, creole mustard, horseradish, black pepper, garlic and salt until well blended. Cover. Refrigerate at least 2 hours before serving to blend flavors.

To make chicken: Cover wood chips

in water and soak 30 minutes. Season chicken with rub. Drain wood chips. Fill smoker box with wet wood chips. Place smoker box under grill rack on one side of grill before lighting. Close grill.

Prepare grill for indirect medium heat (350-375 F). Heat grill by turning all burners to medium. Once cooking temperature is reached, turn off burner(s) on one side. Place chicken on unlit side of grill. Close grill cover.

Grill, turning occasionally, 30-40 minutes, or until internal temperature of thickest part of chicken is 165 F. Move chicken to lit side of grill with skin side down. Turn lit side of grill to high.

Grill, uncovered, 3-5 minutes longer, or until chicken is charred. Serve chicken with White Barbecue Sauce.

#### Grilled and Loaded Smashed Potatoes

- 1 1/2 pounds medium Yukon gold potatoes
  - 1 tablespoon vegetable oil
  - 5 teaspoons McCormick Grill Mates Bacon Chipotle Seasoning, divided
  - 6 slices Applewood smoked bacon, cut into 1/4-inch pieces
  - 1 cup chopped yellow onion
  - 1/2 cup chopped red bell pepper1/2 cup shredded cheddar
  - cheese
  - 2 tablespoons finely chopped green onions
  - 1/4 cup sour cream

Heat grill to medium.

Place potatoes on microwavable plate. Pierce potatoes with fork several times. Microwave on high 5-6 minutes, or until fork-tender but still firm. Let stand until cool enough to handle. In large bowl, toss potatoes, oil and 3 teaspoons seasoning until well coated.

Place potatoes on grill and cook, turning frequently, 4-5 minutes or until skin is crispy. In large cast-iron skillet on grill, cook and stir bacon 8-10 minutes, or until crisp. Add yellow onion and bell pepper; cook and stir 2-3 minutes, or until tender-crisp.

Push bacon mixture to one side of skillet. Add potatoes to other side of skillet. Smash each potato with heavy spatula, bottom of small sturdy bowl or meat pounder. Sprinkle potatoes with remaining seasoning. Spoon bacon mixture over potatoes. Sprinkle with cheese.

Cover pan or close grill. Cook 3-5 minutes, or until cheese is melted. To serve, sprinkle with green onions and dollops of sour cream.

#### Hamburger Cornbread Casserole

- 2 lbs. hamburger
- 1 large onion, diced
- 4 6 jalapeno peppers, seeded and chopped
  - 2 packages Jiffy Cornbread Muffin Mix (8 1/2 oz.)
  - 1/4 teaspoon salt
  - 1/2 teaspoon baking soda
    - 1 can (14 3/4 oz.) cream style

- corn
- 1/2 teaspoon ground red pepper
- 1 cup milk
- 1/2 cup canola oil
- 2 eggs, beaten
- 3 4 cups cheddar cheese or
  - Mexican style cheese

In large skillet, cook hamburger, onion, and peppers over medium heat until the meat is no longer pink, and drain very well, set aside. In a medium bowl beat eggs with a whisk, add corn bread mix, salt, baking soda, milk, red pepper and oil, beat with a spoon until not lumpy, add corn and stir into mixture. Pour about half of the corn bread into greased 9" x 13" x 2" baking dish. Top with half of the cheese, then the meat mixture, the remaining cheese. Then carefully spread the remaining cornbread over the top of the cheese. Bake uncovered, in 350 degree oven for 40 to 45 minutes, or until toothpick inserted near the center comes out clean. Let set 5 minutes, cut into pieces, serve, and enjoy.

Jeni Sprague, Madison, Nebraska

#### **Strawberry Margarita Cake**

- 3/4 cup bottled strawberryflavored nonalcoholic
  - margarita drink mix
  - 1 package white cake mix
- 1/3 cup vegetable oil

- 3 egg whites
- 1 tablespoon grated lime peel
- 1 container frozen whipped topping, thawed Strawberries, if desired

Heat oven to 350 degrees. Grease bottom of 13 X 9 X 2 inch pan. Add enough water to drink mix to measure 1 ¼ cups. Beat cake mix, drink mix, oil and egg whites in large bowl until smooth. Pour into pan. Bake 25-30 minutes or until toothpick comes out clean. Cool completely. Gently stir lime peel into whipped topping, spread over top of cake. Garnish with strawberries.

Katrina Isackson, Brady, Nebraska

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> Stan W. US war veteran and retired professor

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- No more climbing up stairs
- No more falling down stairs
- Plenty of room for groceries or laundry
- Perfect for people with older pets
- Ideal for Ranch houses with basements

are hardly an enhancement to your home's décor. By contrast, the Easy Climber<sup>®</sup> Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet... falling.

Why spend another day without this remarkable convenience. Knowledgeable product experts are standing by to answer any questions you may have. Call Now!

Call now to find out how you can get your own Easy Climber Elevator. Please mention promotional code 106635.

For fastest service, call toll-free. **1-888-958-0145** *Residential installations only. Not available in all areas. Call to see if you qualify.* 

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